

Just Add Water and Drink!

IonPod®

**Alkalizing & Energizing
Stainless Steel Water Bottle!**

- **Creates Alkaline Antioxidant Water!**
- **Alkalizes pH By Up To 2000%!**
- **Increases Hydration!**
- **Creates Silky Smooth, Fresh Tasting Water In Minutes!**
- **Contains Silver & Anti-bacterial Ceramic Spheres!**

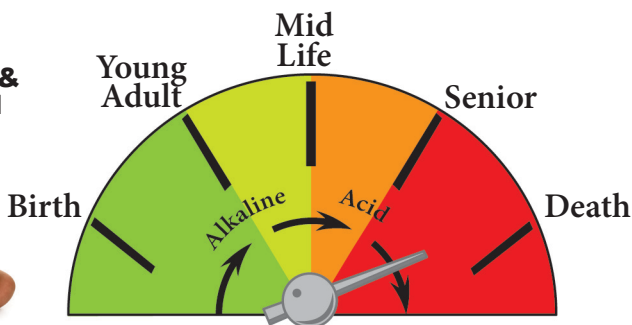
**Up to
67%
OFF!**

NEW!



Change Your Water... Change Your Life!

LIFE
Alkaline & Hydrated



DEATH
Acidic & Dehydrated



You Were Born Healthy, Hydrated & Alkaline. You Become Toxic & Acidic As You Age!

How It Works!

Our proprietary mineral cartridge uses 13+ minerals to transform ordinary tap water. It lasts for up to a year and is easily replaceable.

Lab Tests Confirm:

Before IonPod®

After IonPod®



Acid

Alkaline



"I absolutely feel calmer and more alert than I have in a long time and the only change in my diet has been your water!" - Danny S, CA

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Quality • Longevity • Integrity

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IonPod® Manual

- Improves acid/alkaline balance
- Provides abundant negative ions
- Increases hydration
- Reduces molecular cluster size for better absorption
- Generates negative ORP for powerful antioxidant water
- Provides natural far-infrared ionization
- Supplies active hydrogen ions
- Increases pH by approximately 2000%
- Contains silver and anti-bacterial ceramic
- Uses only non-toxic materials
- Converts water in just a few minutes
- Easy cleaning
- Tourmaline – helps reduce surface tension, provides FIR, ionization
- Zeolite – absorbs and retains heavy metals and toxins
- Maifanshi – absorbs toxins and supplies trace minerals
- Silver – antibacterial, antifungal, anti-viral and more
- Additional minerals clean, mineralize and ionize the water
- Mineral insert should be replaced in 6-12 months depending upon use

Common IonPod® Questions

1. Is there a mineral insert to replace or purchase separately?

A: The initial upper Mineral Pod comes with the IonPod®. This Mineral Pod will last at least 6-12 months depending upon use. We encourage purchasing a replacement after 12 months, or when the water starts testing weak, whichever comes first. The replacement Mineral Pod is only \$19.95 and may be ordered at any time. This is the top filter in the IonPod® which may be removed by pulling the handle.

2. How large is the IonPod®?

A: It is a stainless steel water bottle designed to be carried with you wherever you go. It weighs 14.6 oz. It is 2-5/8" diameter and 7-7/8" high. It holds 13 oz water. It only takes a couple minutes for it to work its water magic.

3. How does it work?

A: The internal mineral pods at the top and the bottom of the IonPod® are responsible for the beneficial effects. The Healthy Habits IonPod® can transform ordinary water to alkaline water without electrification at anywhere any time desired by utilizing new materials and technologies. The core component of the IonPod® is a mineral pod consisting of state-of-the-art material designed for optimal water treatment. Formed under high temperature by melting and conjugating effective ingredients from high-energy biochemical ceramics and pumice mineral stone with potent rare earth, the IonPod® is highly catalyst-sensitive and capable of rapidly ionizing and alkalizing water. Tourmaline - helps reduce surface tension - provides FIR & ionization; Zeolite - absorbs and retains heavy metals and toxins; Maifanshi - absorbs toxins and supplies trace minerals; Additional Proprietary Ionic Mineral Blend - cleans, mineralizes and ionizes the water. The Healthy Habits IonPod® is a revolutionary device. It is a natural wonder for modern lifestyles.

What are some of the ingredients in the IonPod® two mineral pods and why are they used?

Tourmaline -- A complex silicate mineral material with natural electric properties. The electricity carried by tourmaline is static direct current. Tourmaline is a polar crystal; it produces a positive electrode at one end and a negative electrode at the other end, naturally and eternally. The positive electrode and negative electrodes are usually in an unsteady state, which produces the electric potential. It is because of this electrical potential that tourmaline has static electricity. This current is only 0.06 mA, which approximates the biocurrent of our body. This is extremely important to human movement, since the 0.06 mA bioelectricity supports our health. Tourmaline starts to ionize water immediately and helps to create an alkaline nature. Alkaline water will detoxify the active oxygen radicals; activate cells to support normal metabolism; assist to purify the blood; relieve fatigue; help balance the nervous system; improve resistance to disease; ease pain and nervous conditions; support allergy immunity; help prevent premature aging and promote health. Tourmaline radiates far-infrared energy with a wavelength of 4-14 micron. This far-infrared energy is called "The Light of Life" and matches the far-infrared wave of the body, thus supporting proper microcirculation of blood and nutrients.

Maifanshi -- A mineral rich in porphyritic pea gravel. In Asia, Maifanshi has traditionally been used for bathing due to its ability to absorb toxins and supply immense trace minerals. Maifanshi helps to ionize, clean and mineralize water.

Zeolite -- In China, this stone is referred to as the "cell cleaner." As a natural healing stone, medical stone is mainly composed of silicic acid, iron, calcium, manganese, magnesium and other minerals. Water is the foundation of health and the lifeline of food and beverages. Medical stone is an ideal water purifier due to its intensive absorption to heavy metals such as lead, cadmium, hydrargyrum, arsenic and hexavalent chrome. The medical stone has the ability to absorb injurious elements and bacteria colonies and purify the by dissolving unfavorable materials. Long-term drinking can remove harmful materials accumulated in body, regulate metabolism and promote blood circulation. This stone promotes urination promoting, supports stomach function and liver protection. Zeolite is a mineral group having a four-sided honeycomb structure and a negative magnetic charge. This allows Zeolite to attract heavy metals and toxins and permanently absorb them. Zeolite absorbs carcinogens, free radicals, heavy metals, pesticides, herbicides, viral particles and other positively-charged toxins.

Nano-Silver -- Nano-Silver strongly inhibits pathogenic micro-organisms. It also supports the repair of damaged epithelial cells. When exposed to water its anti-bacterial effect enhances and improves water quality.

Mineral Pod Mix -- The above elements and the rest of the proprietary mineral mix has the effect of adjusting the water pH value and conductivity of water to make the water be more alkaline. It also reduces the water molecular chain to form small clusters of water (microwater), which improves its penetrability, solubility and diffusion. This increases cellular efficiency and metabolism by increasing the exchange of water inside and outside the cell membrane. It creates a favorable environment for the excretion of injurious acid metabolites and waste, which promotes greater immunity and longevity.

4. Is the IonPod® just as effective on distilled water or reverse osmosis water or soft water as on tap water?

A: The IonPod® may be used with any type of water. Distilled water will take longer to treat due to its lack of minerals and acidity. You should never drink soft water, no matter if in IonPod® or from the tap. It is our opinion that no one should drink tap water, but treating it with the IonPod® is certainly a much better option than drinking from the tap.

5. How do I use the IonPod®?

A: Simply pour regular or purified water into it, wait at least 2 minutes and drink as desired. Depending upon your source water it may take 5-10 minutes to generate the positive pH and negative ORP desired. The change is exponential with time. It also helps speed up the process if you fill the IonPod® just barely over the top filter so there is room for the water to move through the filters when turned upside down a few times.

6. Can I use my IonPod® to treat the water and then pour the treated water into another container for storage?

A: Yes, but you will lose the anti-aging, anti-oxidant (low ORP) quality of the water with 24 hours. The

alkaline pH will remain if you store the water in glass and away from light. This is why you cannot go to the store and purchase high-quality anti-oxidant water. The low ORP is very sensitive to light, motion and air. Thus, the IonPod® has great value to create and store anti-aging water. You are well advised to purchase several IonPods® and store your drinking water in them for future use. The water gets stronger with a longer storage time.

7. Is the IonPod® metal or plastic?

A: It is made of high-quality Stainless Steel #316.

8. How do I get more information regarding the Kangen water generator?

A: Contact Dr. Martin at 800-604-6766 or DrMartin@Longevity-Formulas.com or visit: <http://longevity.H2Origin.com>

The IonPod® makes a great water storage system for Kangen® Water. All anti-oxidant, anti-aging (low ORP) water, Kangen® water included, has the same problem of losing its Low ORP value over a 24-hour period. It can only be effectively stored for long periods of time in a container such as the IonPod®. The combination of Kangen® water generator and the IonPod® is a winning combination!

9. Why does my IonPod® water taste bad after sitting for day or longer?

A: The IonPod® continually treats the water. The longer it sits, the stronger the anti-oxidizing, anti-aging, alkalizing, micro-clustering effects. After a few hours, this can produce a slight "hydrogen peroxide" taste, but not always. We have measured the ORP at -500 (amazing) and a pH of 10+ after allowing water to remain in the IonPod® for 24+ hours. This is the benefit of having several IonPods® for storage. If your water is tasting "bad" after minutes instead of hours, it could be that the quality of your source water is more alkaline than average, or, your IonPod® may need to be cleaned according to the instructions in the IonPod® Manual. When reporting such cases to us, please be sure to define "bad" when describing the taste so we have the information we need to assist you.

10. How long do I need to let the water sit in the IonPod® before attempting the experiments in the User Manual?

A: It depends upon the water source you are using, but an hour is a good place to start. It will take less time if you turn the IonPod® upside down a few times, allowing the water to flow through both the top & bottom mineral pods several times. It must be remembered that the experiments require a very Low ORP and a high pH, so the longer the water sits in the IonPod®, the better the experiments will work. This is again evidence of how important it is for you to have several IonPods® storing your water so it has the maximum treatment when it is time for you to consume the water.

11. How much IonPod® water should be consumed daily?

A: An average adult body in a sedentary condition is designed to take around 64 oz water per day or one can follow the more specific formula of 1 oz water per 2 lb body weight. Those with health issues should gradually increase the volume to more than 3 qt daily.

An average adult body in a sedentary condition is designed to take around 64 oz water per day or one can follow the formula of 1 oz water per 2 lb body weight. Those with health issues should gradually increase the volume. Do not suddenly start drinking this much water daily if you are not accustomed to it. Also, consult your doctor. You could have health issues at odds with sudden increased water intake.

My best times to drink water:

- After morning awakening on empty stomach
- 10 AM
- 3 PM
- 1 hour before sleep
- Do not wait until you feel thirsty. Drink whenever you can.
- Drinking small amounts often is more efficient for the body.

My personal water formula:

- Divide weight by 2 (i.e., $120/2=60$).
- Water requirement is 60 oz daily.
- Divide weight by 40 (i.e., $120/40=3$).
- Water dose is 3 oz.
- Daily water formula is 60 oz daily, no more than 3 oz at one dose.
- Note that this water formula should not all be consumed as IonPod® water. Follow the rules under the CAUTION category regarding IonPod® water.

12. I am doing first use cleaning with my IonPod®. I am on my 10th washout using boiled tap water and the water is still brown, however, when I use bottled water, the water from the IonPod® is clear. What am I doing wrong?

A: You are doing nothing wrong. You must understand that tap water is treated to look good even though there is all kinds of crap in the water. The IonPod® is "untreating" the tap water which results in undoing the illusion of tap water, thus, it looks the way it does. Now you understand why no one should be drinking tap water if they care about their health. If the IonPod® water looks clear when using bottled water as the source and the IonPod® water looks brown when you use tap water as the source, you have to ask yourself, "What am I doing to myself by drinking tap water?" The IonPod® does amazing things to water and IonPod® water does amazing things for your body.

13. Are there certain minerals that are increased by the action of the IonPod® on water?

A: Yes. Alkaline minerals such as Calcium, Magnesium, Sodium, Potassium are increased. Magnesium is a natural tranquilizer. It is often referred to as the "anti-stress" mineral. It is effective in relaxing nerves, relieving tension, assisting digestion, activating enzymes important for protein and carbohydrate metabolism and modulating the electrical potential across cell membranes. Magnesium is helpful for the production and transfer of energy, muscle contraction and nerve conduction. Magnesium induces restful sleep, purifies and purges body tissues and can lower a fever. Magnesium stored in the bowel, nerves and ligaments is necessary to keep vertebrae properly positioned. Green vegetables and chlorophyll also contain large amounts of magnesium.

14. Why does the pH of the tap water and the pH of the IonPod® water, the same?

A: It sounds like you are using the wrong test strips or reagent to test the water. You cannot use all pH test strips on water. You must use the liquid pH reagent that is designed for water testing or the special Healthy Habits pH strips that are designed for urine & saliva & water. The test result you are presently reading is bogus if you are using strips not designed for water testing.

15. Can I use IonPod® water for my contact lens cleaning?

A: No! Contact lens solution is much different than water. IonPod® water has high solubility and may ruin the lens.

16. Where can I get the correct pH reagent to test my IonPod® water?

A: The correct pH strips are now available from Healthy Habits since many of you live in areas where pools are not common. Those of you who have ready access to pool supply stores may purchase the liquid pH reagent that measures approximately 5.0 - 10.0 or use the special pH strips from Healthy Habits. **NOTE:** If the pH strips that you are using do NOT specifically say that they test water then they are NOT for water testing, only urine & saliva and other buffered solutions.

17. Does the IonPod® remove chlorine?

A: No, the IonPod® does not remove chlorine. The proprietary mineral pod mix alkalizes the pH and lowers the ORP of the water. The nano-silver provides anti-fungal, anti-bacterial and anti-viral properties. The IonPod® does not "filter" the water. It transforms the water.

User Tips

Water – the Origin of Life, Essential for Health

Water is involved in all biochemical reactions and living functions of human body. Quality wholesome water is the essence of well-being and longevity!

In order to maintain health of living body, we must drink quality wholesome water. Yet what kind of water is considered quality wholesome water? Based on extensive research, the WHO (World Health Organization) specialists have discovered that quality wholesome water must be weak alkaline by nature, micro cluster in composition, have negative potential and high level of oxygen.

The Healthy Habits IonPod® can transform ordinary water to alkaline water without electrification at anywhere any time desired by utilizing new materials and technologies.

The core component of the IonPod® is a state-of-the-art material designed for optimal water treatment. Formed under high temperature by melting and conjugating effective ingredients from high-energy biochemical ceramics and pumice mineral stone with potent rare earth, the IonPod® is highly catalysis-sensitive and capable of rapidly ionizing and alkalinizing water.

1. **First Use:** Push the mineral pod down until you feel it click. You may leave the mineral pod in place while filling, drinking and cleaning. Clean the IonPod® prior to the first use. Open the lid and pour boiled water into the IonPod®. Turn it upside down a few times. Shake the IonPod® and pour out the water. Repeat until the water is clear. This is just a precaution.
2. **Cleaning:** Clean the IonPod® with citric acid or white vinegar after one month continuous use. If water quality is poor, cleaning should be conducted every two weeks. White vinegar cleaning method: Add 2-3 tablespoons of white vinegar and 4 oz water; shake the IonPod® for 10 seconds and pour out the liquid. Repeat (no need to replace the white vinegar) until the white particles, if any, disappear. Then cleanse with large amount of clean water. (Caution: Do not cover with lid during cleaning to avoid generation of excess gas.)
3. **Cold Water:** Add water into the IonPod® and drink after three minutes (the longer the better). Wait for only one minute before drinking during the first couple weeks of use. (Due to its acidity and/or high ORP, tap or purified water may take more than three minutes to process). To increase ionization, turn it upside down a few times before drinking from the IonPod®.
4. **Hot Water:** Add water into the IonPod®. Wait until the water naturally cools down to around 122°F. Turn upside down a few times before drinking.
5. **Making Tea:** Add boiled water into the IonPod®. After three minutes, turn the IonPod® upside down a few times. Pour out the water to make tea. It is not recommended to place tea leaves in the IonPod® as the tea leaf remnants will interfere with the normal function of the IonPod®.
6. **Lifespan:** The expected lifespan of the mineral pod is 1 year (based on half-gallon per day per person). Since the mineral pods are inexpensive, we encourage all users to replace annually or when water tests weak.
7. **Examination Methods:** 1) Take one cup (approximately 8 oz) of freshly made IonPod® water; add 2-3 drops of pH reagent and compare the result with the color plate. If the pH reads 8.5 or more, it means the IonPod® is working properly. 2) Add cooking oil into a transparent cup up a half-inch tall, then add the IonPod® water into the cup (ratio: 2 parts water to 1 part cooking oil) and turn it upside down a few times. The complete emulsification of the cooking oil is evidence that the IonPod® is in normal usable condition.
8. **Stored Water:** The water becomes very strong after 8 hours. Consider diluting this water or disposing of the water and starting over.

Caution

1. Smokers should drink 16 oz IonPod® water immediately after smoking.
2. Consumers of alcohol beverages should drink a cup of IonPod® water prior to drinking alcoholic beverages and 30 oz IonPod® water immediately after drinking alcoholic beverages in order to minimize the alcohol damage and to protect and maintain the health of liver.
3. Glaucoma sufferers should start with 8 oz daily and increase volume based on individual health condition and reaction.
4. Kidney or Liver stressed people should drink a maximum of 10 oz IonPod® water daily until their medical tests indicate improvement.
5. Children need more water due to their increased movement. Continuous replenishing using IonPod® water can help protect against health deterioration caused by carbonic acid beverages, bread and other high-calorie foods. In addition, the alkaline reduced water may benefit intelligence development in children. Children should drink IonPod® water daily.
6. First time users should start with 10 oz daily and gradually increase to standard daily consumption.
7. Prescription drug users should not use IonPod® water to take drugs and should wait at least an hour after taking drugs before consuming IonPod® water. IonPod® water may increase the drug's absorption efficiency, which may cause a reaction similar to an overdose. This is just a precaution.
8. Some highly sensitive people may experience minor diarrhea, increased urination, foul-smelling stool, dizziness, itchy eyes, dry throat or rash. These are normal detox reactions and will usually disappear within a couple weeks. Please decrease consumption or stop using if reactions become stronger. Resume normal consumption after the symptoms disappear.

Additional Notes For the Wellness Conscious

Why use the IonPod®?

Since 1976, I have been preaching "It's the water; It's the water!" Most people do not drink enough daily water for their body weight; they drink the wrong type of water for their body chemistry; they drink water that is too acid (low pH); they drink water that has a positive ORP, which is oxidizing and causes premature aging. I have seen this in thousands of clinical cases. Today, acidity abounds due to improper eating and drinking habits. This acidity sets the stage for almost every illness you can name.

Want to see how acidity is affecting you? Use the pH strips from Healthy Habits. Test your urine and use another strip to test your saliva (nothing in your mouth for 30 minutes prior to testing). Test both urine & saliva at the same time of day.

pH Rules:

- Your urine pH should be between 6.0 and 6.5
- Your saliva pH should be between 6.5 and 6.8 (nothing in mouth)
- Your saliva pH should NOT be lower than your urine pH
- The total of your urine pH and saliva pH should be close to 12.8

If your pH test violates any of the above rules, you need to take action before disease ravages your body. I encourage you to contact me at 800-604-6766 at your earliest convenience.

If your pH test violates any of the above rules, you are going to greatly benefit by drinking the water that you make using your Healthy Habits IonPod®.

Because of my pioneering efforts regarding educating the public regarding water, in 1994, I was responsible for the importing of the idea of "MicroWater" into the USA. Ionized, structured, high pH, low ORP water was a new concept for Americans but an old, proven idea in Japan. We were very successful, but the machines were expensive and just didn't produce the kind of long-term results for which we were looking. There seemed to be a difference between the phenomenal results gained from use of MicroWater in Japan, versus what we were able to do here in the USA. We now know that the difference was the water generator that was created for the USA mass market. It just couldn't perform like the medically licensed, commercial units used in Japan hospitals. That problem is now solved with the introduction of the Enagic LeveLuk SD-501 which produces Kangen® water. The problem is that it costs \$4000. I have the Enagic unit mentioned and I can truly say it produces miraculous water. You can watch the movie regarding the Enagic SD-501 here: <http://kangen.healthyhabitsweb.com>

The problem is, what if you don't have \$4000 to make miraculous water? Answer – start by using the Healthy Habits IonPod®.

My Water Rules For Healthy Longevity:

- The pH of your water should be 8.5+.
- The ORP of your water should be –100 or lower.

The pH of your water is very important. Most tap water has a pH of 7.0+ due to the pH adjusting chemicals that are added by municipal water plants, not because of the beneficial minerals in the water. The Healthy Habits IonPod® will naturally adjust the pH of the water placed into it in minutes. The longer the water remains in the Healthy Habits IonPod® the higher the pH will travel. See a great water pH demonstration at (<http://pHdemo.HealthyHabitsWeb.com>). The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits IonPod® and save yourself \$3950.

The ORP (oxidation-reduction potential) is a little-known quality of water that is very important. The higher on the ORP scale, the more oxidizing, premature-aging is the water. Most tap water tests +200 or higher. Bleach is approximately +500. Even bottled waters have a terrible +200 ORP or higher. Before the invention of the Healthy Habits IonPod® the only way to easily get negative (-) ORP water was through an electrolysis method such as the Enagic \$4000 unit. Now, with the Healthy Habits IonPod®, you can get a (-) ORP in just a few minutes. Amazing! See a great water OPR demo at (<http://ORPdemo.HealthyHabitsWeb.com>). The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits IonPod® and save yourself \$3950.

Chlorine in tap water is mandated, but it is a premature aging problem. Chlorine has a very positive ORP which means it is oxidizing and prematurely aging you every time you drink it. The Healthy Habits IonPod® does not remove chlorine. See a great water Chlorine demo at (<http://chlorinedemo.HealthyHabitsWeb.com>).

The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits Ion-AnyWater® and save yourself \$3900.

IonPod® Potency Experiments

• Alkalinity vs Acidity Experiment



Add two drops of pH reagent into pure water. The water turns to light yellow, indicating acidity in the pure water. Add pure water into the IonPod®. Wait 2-3 minutes before pouring the water into a second container. Add two drops of pH reagent. The IonPod® water will immediately turn blue, indicating the IonPod® has transformed the acid water to beneficial alkaline water.

Conclusion: The wholesome water made from the IonPod® is alkaline water that benefits overall health. Regular use can help metabolism, support the elimination of acid toxicity and maintain an alkaline environment to support health.

• Alcohol Neutralization Experiment

Add pH reagent into small amount of vodka which immediately turns to red, indicating strong acidity in the alcohol. Add IonPod® water into the vodka, upon which the vodka will turn from red to blue, indicating the IonPod® water has effectively neutralized the acidity in the vodka.

Conclusion: The IonPod® water can neutralize the acidity in the alcohol diminishing the damage to the body. Taken before and after drinking alcoholic beverage, the IonPod® water can promote metabolism, eliminate toxic acidity caused by alcohol consumption, help protect the liver and relieve dizziness and gastric discomfort.

• Smoke Neutralization Experiment

Add pH reagent into a bottle filled with IonPod® water, upon which the water turns blue. Blow cigarette smoke into the bottle until it is fully dissolved, causing the water to turn yellow, indicating acidifying effect of smoke upon the internal environment. Add IonPod® water into the bottle and watch the water turns back to blue, indicating IonPod® water can effectively neutralize the acidity caused by cigarette smoke.

Conclusion: The IonPod® water can effectively neutralize the acidity in cigarette smoke, diminish smoking damage, help cleanse the liver, help protect the throat and support wellness.

• Anti-Oxidation (Removing Free Radical) Experiment



Add 1 drop of a strong oxidation agent such as liquid iodine (free radical) into two glass bottles respectively filled with equal amount (approximately 8 oz) of pure water and IonPod® water, upon which the pure water turns brown (the original color of iodine) and the IonPod® water does not change color. This observation reveals that the IonPod® water has rapidly removed the color of iodine.

Conclusion: IonPod® water cannot reduce the damage caused by oxidative factors (free radicals), but IonPod® water does have reducibility and is capable of metabolizing excess free radicals in the body to increase anti-oxidation resistance and maintain overall health.

• Oil Solvent Experiment (Micro-Cluster)



Pour equal amounts of cooking oil into two glass cups. Add equal amount of pure water to one and IonPod® water (water amounts to half of the oil volume) to each cup and stir. The water in the first cup will separate from the oil. The water in the second cup will be completely emulsified and merged with oil. It shows that IonPod® water has micro-cluster composition and supreme emulsifying, dissolving and penetrative ability.

Conclusion: The IonPod® water has micro-cluster composition and supreme emulsifying, dissolvent and penetrative capability. Continued use will help improve blood quality, micro-circulation and metabolism.

- **Tea Experiment**



Place tea leaves in a glass of tap water and also the same amount of leaves in a glass of IonPod® water. Notice how the IonPod® water more efficiently penetrates and absorbs the tea for better taste and effect.

- **Red Blood Cell (RBC) Dissolvent Experiment**

Take a drop of blood before and 25 minutes after drinking the IonPod® water to observe under a microscope: Note that the first RBC is highly concentrated before drinking but appears to be dissolved 25 minutes after drinking the IonPod® water. It reveals that IonPod® water may improve micro-circulation.